**LOCAL RULES:**

**No U turns to be performed within sight of the START or FINISH. Performing this dangerous manoeuvre may result in disqualification and disciplinary action.**

**No warming up on the course once the event has started.**

**Riders MUST NOT wait on the carriageway when waiting to start.**

**No vehicles to park or stop on slip road or verges at Start or Finish; the road is a Clearway and stopping is an offence.**

**Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and the slip road, but should be located at the start of the slip road.**

**Parking is NOT provided by event organisers. All entrants parking is at own risk.**

Newmarket

**SLIP ROAD/FINISH**

A1304

**Six Mile**

**Bottom**

Cambridge

**START**

**A1307**

A11

**Four**

**Wentways**

**RAB**

Haverhill

**Race HQ Westerly Waterless Village Hall.  The Main St, Westley Waterless, Newmarket.  CB8 0RH**

[**https://www.google.com/maps/place/Westerley+Waterless+Village+Hall/@52.1788854,0.373432,16z/data=!4m13!1m7!3m6!1s0x47d867ef8c07219b:0x59a392b442a25daa!2sThe+St,+Westley+Waterless,+Newmarket+CB8+0RH!3b1!8m2!3d52.1797333!4d0.3719645!3m4!1s0x47d8671286b6752d:0x7125e8c6d3dd1886!8m2!3d52.178899!4d0.3734091**](https://www.google.com/maps/place/Westerley+Waterless+Village+Hall/@52.1788854,0.373432,16z/data=!4m13!1m7!3m6!1s0x47d867ef8c07219b:0x59a392b442a25daa!2sThe+St,+Westley+Waterless,+Newmarket+CB8+0RH!3b1!8m2!3d52.1797333!4d0.3719645!3m4!1s0x47d8671286b6752d:0x7125e8c6d3dd1886!8m2!3d52.178899!4d0.3734091)

In the interest of your own safety, Cycling Time Trials and the event promoter strongly advise you to wear a hard shell safety helmet that meets an internationally accepted safety standard. ALL junior and/or riders under the age of 19 years are required to wear a suitably approved helmet.

Use of a rear lamp is compulsory.

**Start GR:** 573562  **Finish GR:** 571560  **Police:** C  **Local Regs:**4.7 & 4.8

START at paint mark at end of feeder road from West Wratting just before junction with A1304 (1 kerb joint before drain near ‘Give Way’ sign). Bear left onto A1304 and thence onto A11 southbound. Continue to take slip road to Four Went Ways interchange, A1307, and circle elevated roundabout (5.14m), taking fourth exit onto A11 northbound. Retrace to Six Mile Bottom, where take A1304 slip road to FINISH at paint mark 5 yards past end of island between old road and slip road (at 6th kerb joint past plastic phone indicator post marked ‘85/0’).

Note to Competitors: When starting, take note of traffic entering slip road from your right. Give way if necessary.

**Start Sheet**

**Lea Valley Cycling Club**

**Tandem, Middle Markers & Scratch Solo open 10 mile TT**

**Course E2/10 3rd July 2021 Start Time 14:00**

|  |  |  |
| --- | --- | --- |
| **Event Secretary**  **Mark Freeman**  **07739 214 194** |  | **Time Keepers**  **Mike Keen**  **Freda Wezel**  **Asst Time Keeper**  **Ian Taylor** |

**Parking is not available at Race HQ due to safety restrictions and the need to use the car park for signing on and off. Please be aware of parking issues on both sides of the main road to Six Mile Bottom and the local veterinary clinic. Pedestrians and locals have raised concern about blocking visibility around the clinic causing a safety issue. We must park considerately and carefully, as we do not want to lose this course.**

**Course records**

**Solo Male**

**17:20**

**Alex Dowsett**

**30-May-14 | ECCA 10**

**Solo Female**

**19:40**

**Alice Lethbridge**

**05-May-18 | lea valley cc**

**Solo Male (Junior)**

**18:46**

**Thomas Day**

**31-Aug-19 | RTTC National 10 mile Championship**

**Solo Female (Junior)**

**20:40**

**Elynor Backstedt**

**31-Aug-19 | RTTC National 10 mile Championship**

**Tandem**

**18:06**

**Glenn Taylor, Mark Arnold**

**05-May-18 | lea valley cc**

**-------------------------------------------------------------------------------**

**Last Event winners 2019**

**Joe Perkins**

**AeroLab Ward WheelZ**

**18:41**

**Emma Lewis**

**The Independent Pedaler - Nopinz**

**19:59**

**Paul Bachini**

**Icknield RC**

**21:30**

**Jennifer Allum**

**TORQ Performance**

**23:05**

**AWARDS**

**Solo**

**Mens Prize Womens Prize**

**1st £40 1st £40**

**2nd £35 2nd £35**

**3rd £30 3rd £30**

**4th £25 4th £25**

**5th £20 5th £20**

**Middle Markers**

**Mens Prize Womens Prize**

**1st £40 1st £40**

**2nd £35 2nd £35**

**3rd £30 3rd £30**

**4th £25 4th £25**

**5th £20 5th £20**

**Tandem**

**Prize (per machine)**

**1st £30**

**2nd £25**